

ABSTRACT OF THE DISCLOSURE

10               The present invention provides a muscle strengthening and  
rehabilitation apparatus and a method for use thereof wherein multiple radii of  
curvature are used to provide a full three plane range of motion. The apparatus  
includes a first surface for receiving a patient's extremity and a generally hemi-  
ellipsoidal second surface for contacting a support surface. The patient applies a  
15       force to the extremity on the first surface, and can pivot the apparatus around the  
second surface in any direction to strengthen and rehabilitate the muscles of the  
extremity.

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